

# SPEKTRA

MAY 2024

AFRICA'S NO. 1 DESIGN & BUILD MONTHLY NEWSLETTER



**Building Wellness: Spektra Global's  
Commitment to Mental Health Awareness**

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# Table of Content:

<b>Welcome Message :</b> Karen Halm	01
<b>GUNG-HO!!!!:</b> Fostering Mental Wellness: A Holistic Approach to Employee Well-being	03
<b>Project of the Month</b> Project Eve: A Sanctuary for Women's Wellness	06
Designing for Mental Wellness: The Role of Architecture in Mental Health	09
<b>Expert Insight: Q &amp; A Section:</b> Addressing Questions about Mental Health in Architecture	12
<b>Frequently Asked Questions</b> Fun Facts about Mental Health and Architecture	13
<b>Final Thoughts:</b> Message from Karen Halm	15



# Welcome Message:

## Karen Halm

In May, we embrace an essential theme: **"Building Wellness: Spektra Global's Commitment to Mental Health Awareness."** This month, we are dedicated to fostering a deeper understanding of mental health and its critical connection to the environments we create and inhabit.

At Spektra Global, we believe that architecture and design play a pivotal role in enhancing our mental well-being. Our mission goes beyond constructing buildings; we strive to build spaces that promote peace, comfort, and mental resilience. This month, we'll be sharing insights and resources that highlight our commitment to

creating environments that support mental health for all.

Join us as we explore the intersection of architecture and wellness, celebrate mental health awareness, and continue our journey to design spaces that uplift and inspire. Together, let's build a future where wellness is at the heart of everything we do.

**Warm regards,**  
Karen Halm  
COO, Spektra Global

A handwritten signature in a light blue-grey color, reading "Karen Halm". The signature is written in a cursive, flowing style with a large initial 'K'.



# GUNG-HO!!!!

## Fostering Mental Wellness: A Holistic Approach to *Employee Well-being*

At Spektra Global, we believe that our greatest asset is our people. That's why we're committed to creating a workplace culture that prioritizes the mental health and well-being of every team member. In this article, we'll explore the various HR initiatives and activities we've implemented to support mental wellness in the workplace.

Our wellness programs are designed to provide employees with tools and resources to manage stress, build resilience, and prioritize self-care. From mindfulness sessions to happy



hour sessions, we offer a variety of activities to promote mental and emotional well-being.

We understand that personal challenges can impact job performance and overall

well-being. That's why we provide access to confidential counseling services through our various interventions. Employees can seek professional support for a wide range of issues, including stress, anxiety, and depression.



We recognize that flexibility is key to supporting employees' mental health. That's why we offer flexible work arrangements, including remote work options and flexible scheduling. By empowering employees to manage their work-life balance, we help reduce stress and increase job satisfaction.





Creating a culture of openness and support is essential to promoting mental wellness. We encourage open dialogue about mental health in the workplace and provide resources and training to help managers support their teams. Our goal is to create a safe and inclusive environment where employees feel comfortable seeking help when needed.

At Spektra Global, we're committed to fostering a workplace culture that prioritizes mental wellness. Through our comprehensive HR initiatives and activities, we're empowering employees to take charge of their mental health and thrive both personally and professionally. Together, we're building a healthier, happier, and more resilient workforce.

# PROJECT OF THE MONTH



## Project Eve: A Sanctuary for Women's Wellness

### Introduction

In celebration of Mental Health Awareness Month, we're proud to spotlight Project Eve, a sanctuary for women's wellness that embodies tranquility and renewal.

Inspired by the resilient lotus flower, this biophilic design fosters physical and mental well-being through harmonious spaces and natural elements.

### Design Concept:

**The Lotus Flower:** Rooted in the symbolism of the lotus flower, Project Eve reflects purity, enlightenment, and rebirth.

This concept is woven into every aspect of the architecture, creating a serene environment that promotes holistic wellness.



## Biophilic Elements

**Natural Light:** Abundant windows and skylights fill the space with natural light, uplifting the spirit and enhancing mood.

**Indoor Gardens:** Lush greenery and water features bring the soothing presence of nature indoors, creating a tranquil ambiance.

**Organic Materials:** Wood, stone, and bamboo elements connect occupants to the earth, fostering a sense of grounding and peace.

## Wellness Facilities

Project Eve offers a range of wellness services, including meditation rooms, yoga studios, therapy

suites, and relaxation lounges. Each space is meticulously designed to provide a sanctuary for women to nurture their mental and emotional health.

## Conclusion

Project Eve is more than just a wellness facility—it's a haven where women can reconnect with themselves and find inner peace.

Through inspired design and thoughtful amenities, Project Eve cultivates a holistic approach to wellness, empowering women to thrive in mind, body, and spirit.



View Of Restaurant



View of Administration



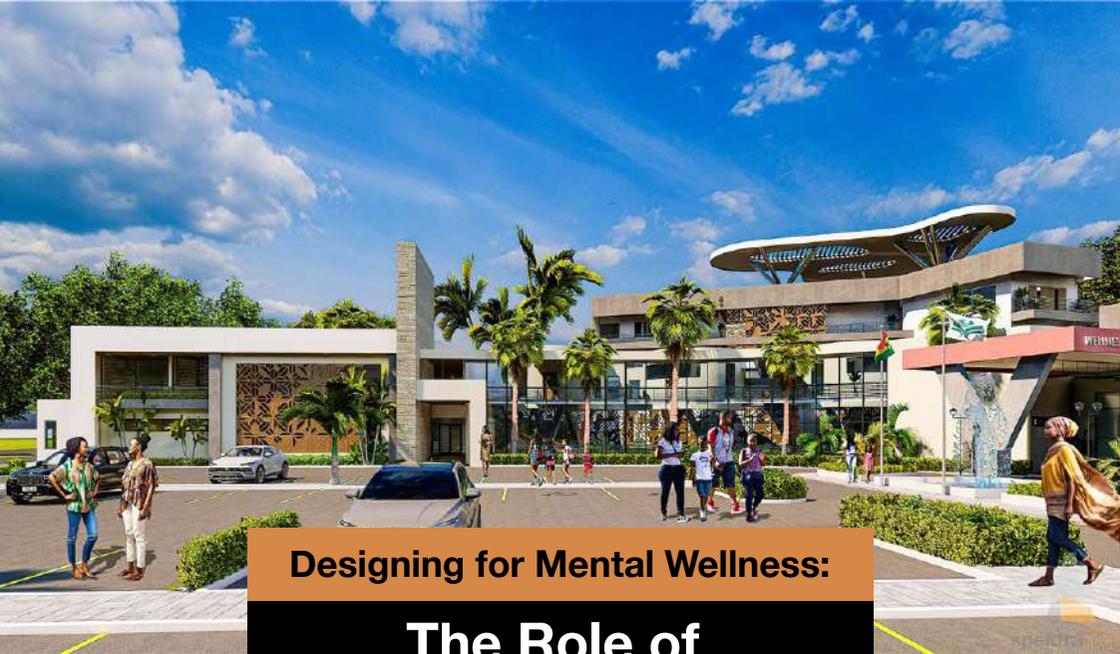
View of Accomodation



View of Administration



View of Courtyard



**Designing for Mental Wellness:**

# The Role of Architecture in Mental Health

*Exploring how architectural design can positively impact mental health, including practical tips for incorporating wellness-focused elements into home and office spaces.*

## **Designing for Mental Wellness: The Role of Architecture in Mental Health**

In recent years, there has been a growing recognition of the profound impact that architectural design can have on mental health. From residential homes to corporate offices, the built environment

plays a crucial role in shaping our well-being and quality of life.

In this article, we explore the ways in which architecture can promote mental wellness and offer practical tips for incorporating wellness-focused elements into architectural design.



## Creating Spaces That Nurture the Mind

Architectural design has the power to influence our emotions, behaviors, and overall mental state. By creating spaces that prioritize natural light, ventilation, and connection to nature, architects can help foster a sense of calm and tranquility. Incorporating elements such as biophilic design, which integrates natural elements into built environments, has been shown to reduce stress, improve mood, and enhance cognitive function.

## Designing for Social Connection

In addition to promoting individual well-being, architecture can also play a crucial role in fostering social connection and community engagement. Spaces that encourage interaction and collaboration, such as communal gathering areas and shared workspaces, can help combat feelings of isolation and loneliness. By designing buildings that facilitate social interaction, architects can create environments that support mental wellness on a broader scale.

# Practical Tips for Wellness-Focused Design

For architects and designers looking to prioritize mental wellness in their projects, there are several key principles to keep in mind:

**Prioritize Natural Light:** Maximize access to natural light in interior spaces to promote circadian rhythms and improve mood.

**Incorporate Biophilic Elements:** Integrate natural materials, indoor plants, and views of nature to create a connection to the outdoors.

**Create Flexible Spaces:** Design spaces that can adapt to different uses and accommodate changing needs, promoting a sense of autonomy and control.

**Promote Accessibility:** Ensure that buildings are accessible to all individuals, including those with physical or cognitive disabilities, to promote inclusivity and well-being.

## Conclusion

As architects and designers, we have a unique opportunity to positively impact mental health through thoughtful and intentional design. By prioritizing elements that promote well-being, foster social connection, and support accessibility, we can create spaces that not only look beautiful but also contribute to the holistic wellness of individuals and communities alike.



**Expert Insight:**

## **Q & A Section**

### **Addressing Questions about Mental Health in Architecture**

**Q: How can Ghanaian architectural design leverage nature to enhance mental well-being?**

“Incorporating elements of nature into architectural design is deeply rooted in Ghanaian culture and tradition. By embracing biophilic design principles, architects can create spaces that celebrate our connection to nature and promote mental wellness. For example, integrating indigenous plants, such as palm trees and hibiscus, into building facades and courtyards not only enhances aesthetics but also provides natural shade and cooling effects, creating comfortable outdoor spaces for relaxation and socialization. Additionally, incorporating traditional building materials like adobe and thatch roofs not only pays homage to our heritage but also creates a sense of warmth and familiarity that can have a calming effect on occupants.”



# FUN FACTS

## Mental Health and Architecture

**Historical Healing Spaces:** Throughout history, architectural design has been used to create healing environments for mental health treatment. Ancient civilizations, such as the Greeks and Romans, built therapeutic spaces like bathhouses and temples dedicated to relaxation and rejuvenation.

**Biophilic Design Benefits:** Biophilic design, which incorporates elements of nature into architecture, has been shown to have numerous mental health benefits. Studies have found that exposure to natural light, greenery, and natural materials can reduce stress, improve mood, and enhance cognitive function.

**Color Psychology:** The use of color in architectural design can have a significant impact on mental well-being. Warm colors like orange and yellow can evoke feelings of happiness and energy, while cool colors like blue and green promote calmness and relaxation. Architects often use color psychology to create spaces that support emotional balance and harmony.



**Therapeutic Gardens:** Therapeutic gardens are designed outdoor spaces that promote healing and relaxation. These gardens often feature elements like walking paths, water features, and sensory plants, providing opportunities for reflection, meditation, and socialization.



**Mindful Architecture:** Mindful architecture emphasizes the importance of designing spaces that support mental and emotional well-being. This approach prioritizes factors like natural light, ventilation, acoustics, and ergonomic design to create environments that enhance comfort, productivity, and overall quality of life.

**Social Connectivity:** Architectural design plays a crucial role in fostering social connections, which are essential for mental health. Community-oriented spaces like parks, plazas, and gathering places encourage interaction and socialization, promoting a sense of belonging and support within communities.





Final Thoughts - Message From:

# Karen Halm

**Spektra Global**

Karen Halm  
Karen Halm  
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As we honor Mental Health Awareness Month, let us recognize the crucial role that our environments play in our overall well-being. Here at Spektra Global, we understand the significance of creating environments that uplift and nurture the human spirit.

In every design project we undertake, we strive to not only inspire but also to prioritize mental health and wellness. From incorporating natural elements to fostering social connectivity, we believe that architecture has the power to enhance lives and promote a sense of belonging.

As we move forward, let's continue to advocate for spaces that support mental health, both in our professional endeavors and personal lives. Together, let's build a future where well-being is woven into the fabric of our communities. Here's to a brighter, healthier tomorrow.

Warm regards,  
**Karen Halm**  
**Co-Founder and COO**  
**Spektra Global**

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LIVE IT.



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